

## The good news: We're here to help

Call your doctor or your local health department to find out how to get a BLL test. You can also call MedCall®, the 24-hour nurse help line, toll-free at **(866) 374-9480**. Or, call the Centers for Disease Control and Prevention (CDC) at **(800) 232-4636**, or visit them online at **www.cdc.gov**. For more facts about lead poisoning, call the National Lead Information Center at **(800) 424-5323**.

### In Nevada:

Member services: **(866) 896-6654**  
TTY line for members  
with hearing loss: **(877) 887-9901**

### In Ohio:

Member services: **(866) 896-6625**  
TTY line for members  
with hearing loss: **(800) 750-0750**

### In Indiana:

Member services: **(866) 408-6131**  
TTY line for members  
with hearing loss: **(866) 408-7188**



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## How to Prevent Lead Poisoning

Lead poisoning can seriously affect your child's health. Learn how to protect your children from lead.



## How is my child exposed to lead?

Lead poisoning is mainly caused by exposure to lead-based paint and lead-filled dust found in older buildings. Lead-based paints were banned in 1978 for use in housing, but 24 million housing units in this country still have leaded paint and high levels of dust with lead. Keep your children away from older homes if you can. Keep them away from old paint that is chipping. Other sources of lead poisoning include:

- Home health remedies such as arzacon and greta (used for upset stomach) or pay-loo-ah (used for fever or rash)
- Imported candies (especially from Mexico)
- Imported toy jewelry
- Drinking water (brass fixtures, lead pipes, or solder and valves can leak lead into drinking water)
- Parents who work at a job using lead (car battery plants, radiator shops, or construction) can bring home lead on their work clothes

## What are the signs of lead poisoning?

Lead poisoning can be hard to detect. Sometimes there are no signs. Signs may appear only when unsafe levels of lead have built up. If your child shows any of the following signs and you think he or she was exposed to lead, call your doctor right away:

- Irritable
- Weight loss or loss of appetite
- Sluggish
- Abdominal pain
- Vomiting
- Constipation
- Pale

## Is my child at risk?

All children enrolled in the Healthy Start/Healthy Families Program or Medicaid must have a lead test at both 1 and 2 years of age, and once from 3 to 6 years of age if never tested. If you check one or more of the boxes below, have your child take a blood lead levels (BLL) test right away. Does your child:

- ☐ Visit or live in a house built before 1978 that is being or will be remodeled?



- ☐ Have a brother, sister, or friend who has had lead poisoning?
- ☐ Visit or live in a house that has chipping, peeling, dusting or chalking paint?
- ☐ Visit or live in a house built before 1950 (such as a day care center, the home of a babysitter or relative, or a preschool)?
- ☐ Often visit an adult who works with lead (such as pottery, painting, construction, or welding)?

## Can lead poisoning be prevented?

*Yes!* To prevent lead poisoning, keep your child from coming into contact with lead, and treat children who have been poisoned by lead right away. Also, make sure you take your child to the doctor for a BLL test at the right age or if he or she is at risk (see above).